Group Exercise and SilverSneakers® May 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		Cardio X-Train ZUMBA® Gold
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.		Vinyasa Flow	Yin Yoga	Fitness Rx Pilates			
6:30 p.m.	Adult Drop- in Volleyball	ZUMBA®	Cardio Kickboxing	Beginning Yoga Body Blast	ZUMBA® Cardio Core Adult Drop-in Volleyball		
7:30 p.m.			Core 360		Core 360		

^{*}If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

Mondays and Thursdays, June 6-July 21 5:30-6:30 p.m. • \$50 • Register by 6/12. For all ages.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Group Exercise trial week **Summer session**

Try any class for free June 6–12.
This Summer session runs through July 24.



Hours:

Mon.-Fri.: 5 a.m.-10 p.m. Sat.-Sun:. 7 a.m.-10 p.m.

Holiday hours:

May 3: 5 a.m.-10 p.m.
May 30: 7 a.m.-1 p.m.—The TLRC is open from 7 a.m.-1 p.m. but the Lower Level is closed.



Twin Lakes Recreation Center

bloomington.in.gov/TLRC



Free, Ongoing Programs for Adults (ages 50 yrs. and up) May 2016

The Lower Level is only open Monday-Friday from 8 a.m.-3 p.m. It is closed Saturday and Sunday except for reservations and scheduled activities When the TLRC is only open 7 a.m.-1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German*

ADDITIONAL ACTIVITIES

50+EXPO

A Healthy, Active, and Creative Lifestyle Event

Wednesday, May 11 3-7 p.m. • FREE

- Expo hall
- Health screenings
- Demos
- Entertainment

bloomington.in.gov/50+ Expo

Legal Counseling

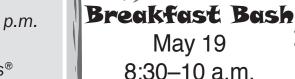
May 2 • 3 p.m. by Atty. Tom Bunger Call 812-349-3720 to register.



Pickleball

M, W, F • 9:30 a.m.−1 p.m. Court 4

TLRC or SilverSneakers® membership or purchase of a daily admission pass is required to participate.



Registration required.
Call 812-349-3720 to register.

Sponsored by Hearthstone Health Campus



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^{*}Advanced German class does not meet June, July, and August.